## WHAT IS CLAIMED IS:

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 An information recording and reproducing system comprising:

a host device; and

an information recording and reproducing device connected with said host device via a host interface, the information recording and reproducing device including a data-recording interrupting-resuming unit that performs a recording of data transferred from said host device via said host interface on a recording medium at a predetermined data-writing velocity, and, in a case of having interrupted said recording, resumes said recording by linking an end point of said data upon the interruption with a start point of said data upon the resumption so as to maintain a continuity of said data,

wherein said host device includes a controlcommand issuing unit issuing a control command to said
information recording and reproducing device, the
control command causing said data-recording

25 interrupting-resuming unit either to perform the

interruption and resumption of the recording or not to perform the interruption and resumption of the recording, and

said information recording and reproducing device includes a data-recording interruption-resumption control unit controlling said data-recording interrupting-resuming unit either to perform the interruption and resumption of the recording or not to perform the interruption and resumption of the recording, according to said control command received from said host device via said host interface.

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2. The information recording and reproducing system as claimed in claim 1, further comprising a selection inputting unit supplying said control-command issuing unit with an arbitrary selection that causes 20 said control-command issuing unit to issue either of a control command causing said data-recording interrupting-resuming unit to perform the interruption and resumption of the recording, and a control command causing said data-recording interrupting-resuming unit 25 not to perform the interruption and resumption of the

recording.

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3. The information recording and reproducing system as claimed in claim 2, wherein said host device further includes:

a test-writing unit causing said information

10 recording and reproducing device to perform a testwriting to said recording medium at a predetermined
writing velocity;

an interruption-probability judging unit
making a judgment on whether or not there is a

15 probability of the interruption during a recording of
data to said recording medium, according to a result of
said test-writing;

an interruption-probability judgment-result outputting unit outputs a result of said judgment; and

a selection-inputting function control unit enabling said selection via said selection inputting unit, after said interruption-probability judgment-result outputting unit outputs said result of said judgment.

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4. The information recording and reproducing system as claimed in claim 3, wherein said interruption-probability judging unit further includes a selection-information creating unit creating appropriate selection information based on conditions including a data capacity to be written to said recording medium, when said interruption-probability judging unit judges that there is a probability of the interruption during a recording of data to said recording medium, the selection information being used to perform the recording without the interruption, and

said interruption-probability judgment-result outputting unit further includes a selection-information outputting unit outputting said selection information along with said result of said judgment.

5. The information recording and reproducing system as claimed in claim 3, wherein said interruption-probability judging unit further includes a data-writing interruption-frequency estimating unit estimating a data-writing interruption frequency during a recording of data to said recording medium, based on conditions

including a data capacity to be written to said recording medium, and a data transfer rate to said information recording and reproducing device, when said interruption-probability judging unit judges that there is a probability of the interruption during the recording of the data to said recording medium, and said interruption-probability judgment-result

outputting unit further includes a data-writing interruption-frequency outputting unit outputting said data-writing interruption frequency along with said result of said judgment.

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6. The information recording and reproducing system as claimed in claim 5, wherein said interruption-probability judging unit further includes a relation estimating unit estimating a relation between said datawriting interruption frequency and said writing velocity, said interruption-probability judgment-result

said interruption-probability judgment-result outputting unit further includes a relation-information outputting unit outputting relation information indicating said relation, and

25 said selection-inputting function control unit

further includes a writing-velocity selecting unit enabling a setting of said writing velocity and said selection via said selection inputting unit, according to said relation information output by said relation-

information outputting unit.